



University
of Victoria

Retirees
Association

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University of Victoria Retirees Association

Grey Matters!

A picture from December 5th, the season's first dusting of snow in Victoria, onto a bonsai tree. [Ed.]



<http://web.uvic.ca/retirees>

Bits from the Board

Another Christmas and another year have passed. We hope it was a good year, and that Christmas was spent with family and friends. On behalf of the Board, I would like to belatedly wish all our members a happy and fulfilling 2014.

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The Board are looking forward to completing several ongoing projects, or at least seeing some progress, as well as taking on new initiatives. In particular, we hope to see significant progress with the **Elder Academy** and the **Memo of Understanding** (the 'MOU') between the UVRA and the University. We also have a committee that is exploring ways that the University Pension Office and Human Resources can better serve the needs of UVic retirees and UVRA members, as well as those UVic employees who are approaching retirement. If you have ideas in this regard, we would like to hear from you.

As many of you are aware, we initiated the **UVRA Talk Series** in October, with the inaugural presentation by Martin Collis, followed by a "conversation" with our newly installed UVic President Jamie Cassels. Both events were well-attended, attracting nearly 200 of our members and friends. Martin entertained and educated us in his own inimitable way on how we can look after our own wellness and health.

Towards the end of November, Jamie Cassels took time out of his busy schedule to meet with us, and discuss ways in which we can work together. There was a rich exchange of ideas on how retirees can benefit the University, that I trust were heard by the President. It was clear that the UVic retirees are a rich but probably under-utilized resource. In the MOU, we hope to be able to highlight how retirees can help the University in its mission, as well as how the University can recognize the value of retirees. As an Association, we have

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In Memory of Ian MacPherson



No words can adequately describe Ian; his very presence in a crowded room was a comfort. During the time we worked together on his tribute to UVic's 50th anniversary, we shared many memories of his rich and fulfilled life. With the support of his family, Ian truly did accomplish everything he set out to do. He also spoke with a passion about the antics of his grandchildren - they were such a joy to him.

We have all lost a great soul and the university one of its steadfast statesmen. Ian, I'll miss your "Scottish" jokes, and your friendship even more.

A fitting characterization of Ian, aptly stated by Robert Owen, fellow Cooperative historian, in his debate on "The Twelve Fundamental Laws of Human Nature": *That the highest health, the greatest progressive improvements, and the permanent happiness of each individual, depend in a great degree upon the proper cultivation of all his physical, intellectual and moral faculties and powers from infancy to maturity and upon all these parts of his nature being duly called into action, at their proper*

period, and temperately exercised according to the strength and capacity of the individual.

Rest in Peace, Ian, your work is done.

Elizabeth Coey

[A memorial for Ian will be held at the University Club at 11 a.m. on Saturday, January 18th. — Ed.]

Café Scientifique

The UVic Centre on Aging (www.coag.uvic.ca) is proud to present a series of six Café Scientifique sessions from September 2013 to May 2014. These cafés will provide insight into health-related issues of popular interest, with presentations by knowledgeable researchers, and open discussions with audience participants.

Based on the prevalence, cost, and personal impact of chronic pain, there is a need for low-cost accessible and effective interventions. Community self-management programs are accessible and effective approaches that help people manage everyday problems and thus improve their quality of life. Join us for a discussion of what self-management is, and how one can participate in a program.

Café Scientifiques are hosted by the UVic Centre on Aging, in collaboration with the Canadian Institutes of Health Research (www.cihr-irsc.gc.ca)

Wednesday, January 29, 2014, 6:30PM -- Legalizing Assisted Suicide: A Step Toward Equality for Vulnerable Groups? -- Maneesha Deckha, PhD

This Café will be take place at the Sticky Wicket Pub, Maple Room, in the Strathcona Hotel, 919 Douglas St, Victoria. Refreshments will be available; food and drink may be ordered from the Sticky Wicket Pub menu.

Monday, March 3, 2014, 4 pm, UVic's First Peoples House -- Healthy Aging Through Fall Prevention Among Older Aboriginal People -- Vicky Scott, PhD

Wednesday, May 7, 2014, 6:30PM, location TBA (Sidney, BC) -- Keeping Secrets: Living with Life-Threatening Illness -- Anne Bruce, RN, PhD

Please register by e-mail: senage@uvic.ca or by calling 250-721-6369.

Bits from the Board (continued from page 1)

negotiated a variety of benefits, but there is a general feeling that perhaps the University could be doing more. It is our intention to explore this relationship.

There are two more Talk Series events planned for the New Year. On January 22nd, we are fortunate to have Ed Ishiguru present to us the wonderful world of microbiology, when he addresses the topic of *Super Bugs*. On March 20th, *Musings of a Jazz Musician* will be presented by our very own, internationally acclaimed trombonist, Ian McDougall. More information on these presentations appears in this newsletter. Remember to register for them with the UVRA Office. They promise to be “sold-out” events, so register early to avoid disappointment!

We hosted the Tri-University Summit meeting in October. This meeting is held a few times each year, and affords the opportunity for the retiree groups from three universities of BC (UVic, UBC, SFU) to come together and share our collective experiences. Many ideas are exchanged, and provide good motivation on what we can be doing as an association. For example, SFURA have worked with the Faculty of Arts and Social Sciences in establishing a research fund for retirees who wish to continue pursue some of their academic activities and interests. The money is set aside by the Faculty. Now, other Faculties are considering setting up similar funding opportunities. UBCAPE now have a designated administrator paid for by the University, and are also seeking ways for representation on the Senate, as well as other University committees. They have established retiree departmental representatives to promote the association and work more closely with the departments. Some of these ideas are certainly worth pursuing at UVic.

We are again hosting the **Masterminds Lecture Series** in conjunction with the Centre on Aging and the University President's office. Last year set a record for attendance, so we are hoping to repeat that success in April 2014. Geri Van Gyn has taken on this task, and has lined up exciting speakers for the coming series. Please stay tuned for more information on speakers and dates. There are also some events being planned for the New Year that we hope you will support.

Despite repeated appeals, we are still looking for more people to step forward and help your Association. Please do think of ways you can contribute. The UVic Retirees Association is run entirely by volunteers who work really hard to serve the members. So if you have a little time and inclination to help, please let us know.

Once again, stay active and stay healthy. It is surprising how much the two go hand-in-hand. Remember that something is better than nothing.

David Docherty, President, UVic Retirees Association

Welcome to new UVRA members

Gisele Amantea	Concordia University	Carole Miller	Education
Kenneth Avio	Economics	Cheryl Robinson	Legacy Art Galleries
Carolyn Crippen	Education	Kate Seaborne	Continuing Studies
Jeanne Crosson	Education	Gloria Snively	Education
Gwyneth Hart		Christopher Thomas	History in Art
Eike-Henner Kluge	Philosophy	Doug Tolson	IDC
Wu-Sheng Lu	ECE	Anthony Welsh	History in Art

University Club Report

If you have been thinking about joining the University Club, the New Year would be a perfect time. Remember that UVRA Members get a 25% discount on UClub membership.

There are a number of exciting events planned at the University Club for the first two months of 2014. On Saturday, January 18 (6:30 to 9:30 pm) will be the First Annual UClub Winter Festival featuring a casino, local breweries, wineries, food, and live entertainment - all for only \$29.95. The following week – on Friday, January 24, the UClub will feature a Robbie Burns Luncheon. On Saturday, February 1 (5:30 to 7 pm) there will be a Family Night Chinese Buffet (\$16.95/\$9.95). Check out the UClub website (club.uvic.ca) for details of the Valentine's Day Dinner on Friday, February 14.

Continuing in the New Year will be some regular events that proved to be very popular in 2013. The UClub will have Pizza, Pasta and Beer specials every Friday night from 4:30 to 7 pm. The Chef's Prix Fixé 3-course dinner (only \$19.95) is available every evening. The menu changes monthly.

Looking forward to seeing you at the UClub very soon.

David Leeming

Physical Activity and Wellness Corner #14

More exercises for the legs

In the last newsletter, I introduced three exercises to develop or preserve leg strength, with the promise to show a few more exercises that build on the base you should now have developed. From comments I have received, I know some of you have been doing these exercises. So, well done, and keep it going.

Front lunge:



The front lunge is a natural progression from the split lunge. Position the chair so it will be alongside you when you have stepped forward into the lunge position. Start in a standing position with both feet together. The exercise involves stepping forward on the left leg into a lunge position (see photos) and pushing back up to the standing position. Start with a short step and a shallow knee bend. As you get stronger and more confident, you can increase the length of the step, and the degree of knee bend. You can use the hand on the knee or on the chair to help you push back up to the start position. Continue to step forward with the same leg, until you reach the number of repetitions you have set for yourself. Now, repeat with the right leg.

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Physical Activity and Wellness Corner #14 (continued)

Back Lunge with Knee lift:



If you have mastered the basic back lunge, and built up to 15 repetitions and 3 sets for each leg, you are ready to add a little more challenge. The initial phase is very similar to the regular back lunge. Start in a standing position. Step back with the left leg. Bend the right knee, so the left knee almost touches the ground. Again you can start with a small bend in the knee, and gradually increase the depth of the knee bend. Now you pull on the right leg to bring yourself to a standing position, but instead of putting your left foot in a standing position, you carry on bringing the left knee up in front. (See photo). Start with just a small knee lift. Gradually increase the height, until the thigh is parallel with the ground. Return the left leg to a standing position. Repeat for the required number of repetitions. Once you gain confidence, you can miss the standing phase, and go straight to the step back position and repeat. Once you have finished the required number of repetitions for one set, repeat by stepping back with the right leg and pulling yourself up using the left leg with the right knee being brought up in front.

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Side lunge with twist:

In this exercise, you are putting some additional load on the legs as well as adding a little trunk rotation. You step to the side (e.g. the left) as in the previous exercise. You can add a little more challenge by pushing off the left leg and pulling the leg towards the right leg which is taking all your weight. Do not put the left foot down, but lightly touch the right ankle with the left foot and then pull the left leg out again to the lunge position. To add a little more challenge, touch the right elbow to the left knee when in the side lunge position (see photo). Once the required number of repetitions has been achieved, repeat stepping to the right.

Progression:

You should have built up to 15 reps and 3 sets for the exercises prescribed in the last newsletter. The exercises described above are slightly more challenging, so the usual strategy is reduce the number of reps back to 8 and the number of sets to 2. Each week begin to add 2 reps until you are able to do 15/16 reps for two sets (this means you will be doing 30-32 reps in total). Now you can drop back to 12 reps for 3 sets (36 reps in total) and build up to 15-16 reps for 3 sets. If you are able to achieve this goal, you should be noticing a definite increase in your leg strength that will make walking, going up stairs, and doing daily tasks much easier. If you do these exercises without much rest, you will find you are also gaining aerobic or cardiovascular fitness.

In the next newsletter, I will discuss the use of nordic poles for walking, and give you some links in regard to how to use them properly for optimal effect.

If you have other topics you would like me to address, please let me know.

David Docherty [angdave\(at\)telus.net](mailto:angdave(at)telus.net)

UVRA Talk Series

The next presentation in the UVRA **Talk Series** will be on Wednesday, January 22, 2014, in UVic's Senate and Board Chamber (room A180, University Centre). Ed Ishiguru will be talking about "Super Bugs" — antibiotic-resistant infections. Arrive at 9:30 AM for coffee & muffins. Ed's presentation will start at 10 AM.

Please contact the UVRA office (E-mail or voice-mail) to make a reservation. Spouses are welcome.

In Memory of James (Jim) Provan

Dr. James Provan, UVic Professor Emeritus, passed away on Friday, November 15, 2013 after a difficult but short battle with scleroderma. Jim was born in Ayr, Scotland on August 31, 1940. He held a B.Sc. from Strathclyde University, and M.Sc. and Ph.D. degrees from the University of Colorado. Having been a faculty member in Mechanical Engineering at McGill University for over 20 years, Jim moved to the University of Victoria in January 1993. Dr. Provan served as Dean of the Faculty of Engineering at UVic from his arrival until June 1997. During his term as Dean, Jim laid the basis for the continued expansion of the Faculty of Engineering, and oversaw the completion and opening of the Engineering Laboratory Wing -- a major facility supporting undergraduate and graduate programs, and research across the Faculty.

For Jim, the most important part of academia were the students -- those he taught and those he guided as an administrator and as a caring mentor. After his retirement, Jim continued to teach one course a year until 2011. He was always respected by his students for his knowledge and his caring and professional approach to teaching. Dr. Provan's research covered stress analysis, fracture mechanics, fatigue failure mechanisms, and analysis reliability and maintainability. In addition to academic work in these areas, Jim made a number of contributions as a consultant. In all aspects of his work at UVic, Jim Provan was known as a true professional and a true gentleman.

Jim's wife of 34 years, Barbara, passed away in 2005. He is survived by his three children: Monika Schultz, Kristian Provan, Karsten Provan; his four grandchildren: Hayden and Lia Schultz, Sydney and Malcolm Provan; his three brothers: twin brother Neil Provan, Donald Provan, Alexander Provan; as well as all of his nieces, nephews, great-nieces, and great-nephews; and by his life partner, Angelika Ehlers.

Michael Miller.

Letter to the Editor

Ever since I retired from Counselling Services in 1999, I run into retirees who proudly proclaim that they are busier now than when they were working. I nod politely, and always have the same thought, "Wow, you must have had a really, really, slack job!" When I think back to my 25 years in the Counselling Centre, I remember getting to work early, in order to read intake forms, and to review case notes before my 8:30 client. The morning and afternoon were filled with counselling sessions, often leaving no room for any break. Lunch didn't happen if a truly upset student needed to be seen. At closing time, a sobbing student had to be seen, while a dedicated secretary stayed late, so no counsellor would be left alone in the centre with a client. With the counselling day done, it was time to spend an hour or more to complete comprehensive notes on the day's clients. When I finally left (often with my colleague, Mary Jane McLachlan), the building was dark and deserted. Planning and professional development would happen in the evening. There were emotionally exhausting days when every student had experienced a terrible loss, or was considering suicide. Despite the work load, it was a great career.

My retirement has been active with lots of time with grandchildren, extensive travel, hundreds of scuba dives, and enough outdoor adventures to keep our freezer full of salmon, trout, and venison. But busier than when I was working? Not even close.

Joel Newman, Ed.D.

UVRA Event: Chinese New Year Luncheon

UVRA members are invited to the UVic Retirees Association's CHINESE NEW YEAR LUNCHEON.

Come celebrate Chinese New Year, enjoy special New Year's foods, and learn more about Chinese culture. This year, the luncheon will be held at the Golden City Restaurant, 721 Fisgard Street (between Blanshard and Douglas), on Tuesday, February 4, 2014, from noon to 2 pm. UVRA members may bring guests. The cost will be \$25 per person.

Parking is available in the Centennial Square Parkade (one block west of the restaurant -- enter from Fisgard Street.)

Please contact the UVRA office, to register by January 31, 2014.

Following the luncheon, there will be an optional tour of Chinatown. There will be a \$5 fee for this tour.

UVRA Christmas 2013 Luncheon

Here's a photo from the UVRA's Christmas luncheon (December 6, 2013), held at UVic's Cadboro Commons, where the featured entertainment was [Ian McDougall's trio](#).



A personal memoir of Ian MacPherson (1939-2013)

Ian was born on the eve of a world war, the youngest of four boys, and spent his childhood on a farm in southern Ontario. I have long imagined that his lifelong dedication to co-operation was rooted there, in a place where a small boy must have learned to accommodate himself to the rhythms of the farm and the demands of older siblings. Co-operation, from the Latin *cooperationem*, “a working together”: however he acquired the capacity for working together, Ian absorbed it whole. The words that he wrote decades later for the International Co-operative Alliance were no mere rhetorical gloss, but a fervent credo of faith and action: “Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity.” Many wrote and spoke of co-operation in the wake of the world wars. Ian lived that co-operation.

I first met him thirty-eight years ago, at the University of Winnipeg, the year before he moved to Victoria. This was my first acquaintance with a real “public historian”, a scholar and teacher who spent as much time beyond the campus as he did on it, even as he maintained a heavy teaching load and worked on his book *Each For All: A History of the Co-operative Movement in English Canada, 1900-1945*. I did not see him much that year, yet he took time to seek me out, to drive me home from the university, to invite me to his home for a beer, and to seek to know a young sessional instructor whom he might never see again.

Ian and Elizabeth and their two young sons moved to Victoria in 1976. A mere five years later, Ian became the chair of the History Department, and two years after that I met him again, this time as an applicant for a job in his department. After sending me to the wrong address for dinner with the search committee, he told me of his *faux pas* at his own job interview: he fell asleep in his hotel room in the afternoon, and the department chair had to wake him up for his evening session with the committee. Was he putting me at ease? Of course he was: the kindness was instinctive. And there were times when his humour was mischievous. The formal letter on [Umeå University](#) letterhead, addressed to our colleague Ken Coates, inviting Coates to accept the **Umeå Goosenupkenhistorik Chair** at an enormous salary, was perfectly done. It was Ian's prank, of course, and fooled Coates completely (he was packing his bags for Sweden). Humour was the voice of Ian's humanity, and we heard it often on the golf course, or at the pool table in Ian's basement, where laughter compensated for his annoying habit of winning.

Not for the first time I wondered how one human being could be doing so much at the same time, as our Dean of Humanities (1992-1999) led the team that wrote the Statement of Co-operative Identity, the mission statement of the International Cooperative Alliance. No obituary was able to contain the full list of his contributions, and so they listed highlights: co-founder and President of the Canadian Co-operative Association; member of many co-op and credit union boards; founder of the B.C. Institute for Co-operative Studies (now the Centre for Co-operative and Community-Based Economy at UVic); Co-Director of the Canadian Social Economy Hub of the Canadian Social Economy Research Partnerships. In 2005, he was awarded the International Co-operative Alliance Rochdale Pioneer Prize. It is a mystery to me that he was never made a member of the Order of Canada. Ian was the pre-eminent Canadian among 800 million members of the world's co-operatives and credit unions, and when he travelled to foreign capitals, the red carpets were rolled out, and he was an ambassador for Canada.

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A memoir of Ian MacPherson (continued)

In retirement, he did not cease to serve. He wrote his wonderful history of UVic, and renewed his commitment to the old cause through his Co-operative Initiative for Peace and Social Inclusion. He would join with others “to evaluate and demonstrate the importance of the international co-operative movement’s commitments to peace....; to learn from the successes and failures of co-operatives and their role in peace-building; and to globally enhance the possibility of co-operatives to contribute to a more peaceful world.” Co-operation, learning, and the building of peace: it was a humane vision built on the solid historical foundations and material realities of the co-operative movement. It was a vision accompanied in Ian by more than a tinge of sadness, for co-operation was always a work in progress, and he felt deeply the slowness of that progress. He had not finished his work when it was so suddenly interrupted on November 16, 2013. Now we can say to him, what we hope he knew in happier moments: you have done your “working together,” Ian; you have done it supremely well, and you have made the world a better place.

Eric W. Sager